

STAY AT HOME

if you or someone you live with has symptoms of COVID-19



HIGH TEMPERATURE OR NEW CONTINUOUS COUGH OR NEW LOSS OF, OR CHANGE TO, YOUR SENSE OF TASTE OR SMELL



People at the Heart of Everything We Do

Dear Parent/Guardian,

October 2020

We are pleased to welcome your child/children back into schools and early years' settings. We are fully aware of the difficulties faced in the current climate and would like to thank parents who have played a key role in helping to stop the spread of the virus by keeping children at home when symptoms of COVID-19 occur in the household.

We are keen to keep our children's education and school experience as close to normal as possible. We have been encouraged by the high attendance figures throughout the borough, which underlines the important role school plays in both the physical and mental wellbeing of our children.

We remain confident that leaders across all school settings are doing an outstanding job in keeping young people safe in school and maintaining the high standard of education Newham families have become accustomed to.

Parents can continue to help support the measures schools have put in place regarding social distancing and reducing social mixing by:

- Wearing a face covering (especially indoors and on public transport).
- Keeping a 2 metre distance from those you don't live with where possible.
- Washing your hands frequently.
- Isolating if you or a household member develops COVID-19 symptoms.
- Getting a test if you display any of the three symptoms.
- Using test and trace.
- Do not send your children to school if they display symptoms.
- Walking not driving to school



Wear a face covering



Keep your distance



Wash your hands



Download the NHS Test & Trace App

How do I check my symptoms?

The three main symptoms of coronavirus are:

- A temperature greater than 37.8C - hot to touch on back and chest
- A new continuous cough - continuous coughing for more than an hour, or three or more coughing episodes in 24 hours
- A new loss of or change to the sense of taste or smell.

You can check your symptoms via the NHS online symptom checker (www.111.nhs.uk/covid-19). Here you will find answers to the most commonly asked questions along with advice on what to do next.

What if someone in the house is displaying symptoms of coronavirus?

If someone in your household has one or more of the above symptoms they need to isolate for **10 days** from the day they started displaying symptoms or have a positive test. This means that they must not go out or have any visitors.

Anyone in the household or support bubble needs to isolate for a period of **14 days**. They do not need to get a test unless they start displaying symptoms of the virus.

For more info about isolation, visit:

www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/



How do I get a test for COVID-19?

You can find information on how to get a test by visiting the NHS website www.nhs.uk/ask-for-a-coronavirus-test
If you cannot use the online service call 119 for help with getting a test.

Information for children under the age of 5

If you're worried about a child under the age of 5 who is displaying COVID-19 symptoms, call **111** or visit www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/ for more information.

As you will appreciate, under the current circumstances, it's possible that things can change quickly across our schools and early years' settings at any given time.

For the latest and most up to date information please visit our website www.newham.gov.uk/backtoschool

Yours sincerely,



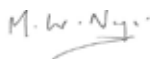
Tim Aldridge

Corporate Director of Children and Young People's Services



Jason Strelitz

Director of Public Health



Dr Muhammad Naqvi

GP and Chair of Newham NHS Clinical commissioning Group



Newham London

Keep our school safe

- Wear a face covering
- Keep your distance
- Wash your hands
- Drop off and pick up on time
- Download the NHS Test & Trace App
- Walk to school

STAY ALERT ▶ CONTROL THE VIRUS